

WUSQ-FM
Winchester, VA
Quarterly Issues/Programs List
Third Quarter, 2013

WUSQ-FM
Quarterly Issues/Programs List

WUSQ-FM provides its listeners with programming and public service announcements that address issues of concern to our local community. Among the issues determined to be of most concern to the community during the preceding calendar quarter were:

- **Awareness:** Making our listeners aware of the efforts our local non-profits are making to improve our community and provide services.
- **Community Involvement:** Highlighting activities of our local non-profits aimed at incorporating community members.
- **Fundraising:** United Way 2013 Campaign Kick Off raising money to provide assistance to the community in the areas of housing, education, and basic needs.
- **Volunteering:** Big Brothers Big Sisters has a great need for volunteers.

**Section I
LOCAL PROGRAMMING**

Section I lists regularly-scheduled and special programs that represent the station's issue-responsive programming providing the most significant treatment of the issues listed above for the calendar quarter.

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/ TIME	DURATION
Awareness	VA Crossroads- Disabled Veterans Committee on Housing	Updates us on the committee's progress locally	John Lewindowski, Executive Director	07/07/2013 07:00 AM	030:24
Community Involvement	VA Crossroads- United Way	Discuss needs and successes in our community	Joe Sthulman, President	07/14/2013 07:03 AM	033:59
Community Involvement	VA Crossroads- Lutheran Family Services	Discuss foster programs for children with mental disorders	Amber Brown and Tia Ambrose, Adoption Specialists	07/21/2013 07:03 AM	030:04
Awareness	VA Crossroads- Chelsea Hutchison Foundation	Discuss SUDEP awareness and upcoming fundraiser walk/run	Steve Shafran, Chapter President of SUDEP	07/28/2013 07:02 AM	031:27
Awareness	VA Crossroads- ARC of NSV	Shares the purpose and efforts of ARC in our community	Robert Hurt, Executive Director of ARC of Winchester	08/04/2013 07:03 AM	035:18

Awareness	VA Crossroads- Help With Housing	Speaks on the activities of her organization and the need for affordable housing	Paula Costello, President	08/11/2013 07:01 AM	033:03
Awareness	VA Crossroads- Literacy Volunteers	Discuss local rates of illiteracy	Jean Lee, Board Member	08/18/2013 07:02 AM	031:08
Awareness	VA Crossroads- Museum of the Shenandoah Valley	Speaks on the upcoming Patsy Cline exhibit at the Museum of the Shenandoah Valley	Judy Sue Kempf, Executive Director of Celebrating Patsy Cline	08/25/2013 06:58 AM	031:39
Awareness	VA Crossroads- Celebrating Patsy Cline	Speaks on the upcoming Patsy Cline exhibit at the Museum of the Shenandoah Valley	Judy Sue Kempf, Executive Director	09/01/2013 06:59 AM	031:39
Awareness	VA Crossroads- Chelsea Hutchison Foundation	Discuss SUDEP awareness and upcoming fundraiser walk/run	Steve Shafran, Chapter President of SUDEP	09/08/2013 06:59 AM	031:27
Fundraising	VA Crossroads- United Way	Discuss Day of Caring and the 2013 campaign	Joe Sthulman, President and Darcus Breneman, Coordinator	09/15/2013 06:58 AM	026:08
Community Involvement	VA Crossroads- American Cancer Society	Discuss CPS 3 Kickoff – Cancer Research	Julie Overbaugh, Community Coordinator	09/22/2013 07:00 AM	031:43
Volunteering	VA Crossroads- Big Brothers Big Sisters	Discuss need for volunteers	Julie Ferrell, Director	09/29/2013 07:01 AM	033:10
Community Event	WUSQ Community Microphone- Warren County Fair	Announces activities scheduled for the upcoming County Fair	Mike Garrett and Joy Wood, Co-chairmen	07/03/2013 06:15 AM	010:00
Community Event	WUSQ Community Microphone- Old Town Winchester	Announces upcoming Friday Night Live community event	Dario Severese, Coordinator	07/11/2013 06:15 AM	010:00
Fundraising	WUSQ Community Microphone- Chelsea Hutchison Foundation	Speaks on upcoming Chelsea's Walk fundraiser and awareness of SUDEP	Steve Shafran, Chapter President of SUDEP	07/25/2013 06:15 AM	010:00
Fundraising	WUSQ Community Microphone- American Cancer Society	Speaks on upcoming Karts Against Cancer fundraiser	Loretta Stem, Chairperson	07/31/2013 06:15 AM	010:00
Community Event	WUSQ Community Microphone- Old Town Winchester	Speaks on the entertainment to be provided at upcoming Friday Night Live community event	Creigh Riepe, Entertainer	08/07/2013 06:15 AM	010:00
Fundraising	WUSQ Community Microphone- Toys For Tots	Announces upcoming event at Shiley Acres to raise funds for the Marine Corp. Toys For Tots program	Marine Sergeant, Brian Handelman	09/05/2013 06:15 AM	010:00
Fundraising	WUSQ Community Microphone- Rotary Club of Winchester	Announces upcoming Friday Cheers fundraiser	Brian Hester and Amy Kump, Co-chairs	09/12/2013 06:15 AM	010:00

Community Involvement	WUSQ Community Microphone- American Cancer Society	Speaks on new local cancer research – CPS 3	Julie Overbaugh, Community Coordinator	09/20/2013 06:15 AM	010:00
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**Section II
NETWORK (and/or SYNDICATED) PROGRAMMING**

Section II lists the network-provided (and/or syndicated) programming that the station broadcast during the preceding calendar quarter that addresses community issues. Radio Health Journal airs on WUSQ on Sunday mornings at 7:30 a.m.

ISSUE	PROGRAM / TITLE	DESCRIPTION	DATE/TIME	DURATION
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Radio Health Journal®

Program # 13-27 Air week: 7-7-13

Producers: Reed Pence and Molly Nagle Production Director: Sean Waldron

Time	Segment	Segment time
:00	Intro	:60
1:01	SPOT BREAK #1—ADT "Why" OUT Q: ...1-888-598-5252.	:60
2:01	:02 PAUSE FOR LOCAL AVAIL	:02
2:03	SEGMENT 1: Sibling abuse Synopsis: Psychological or physical abuse by siblings is much more common than most people realize. It can leave severe psychological scars. However, parents often downplay it, calling it "normal sibling rivalry." Experts discuss the extent of the problem, warning signs of abuse, and how parents can act without involving family services officials and endangering the family.	14:03
Host: Reed Pence. Guests: Dr. John Caffaro, Distinguished Prof., California School of Professional Psychology; Nancy Kilgore, PTSD trainer, abuse survivor and author, <u>Girl in the Water</u> ; Dr. Mandy Morrill, Asst. Prof. of Psychology, Valparaiso Univ.		
COMPLIANCY ISSUES COVERED: public health; youth at risk; child abuse, child safety and child protection; parenting issues		
16:06	SPOT BREAK #2—Donate Cars "Going to Do" OUT Q: ...1-800-835-1478.	:61
17:07	:02 PAUSE FOR LOCAL AVAIL	:02
17:09	SEGMENT 2: Are pelvic exams necessary? Synopsis: The bimanual pelvic exam is a part of the vast majority of visits to the obstetrician-gynecologist. But some doctors say they're unnecessary, are not good at detecting disease, and may even cause more harm than good. Experts discuss.	6:42
Host: Nancy Benson. Guests: Dr. George Sawaya, Prof. of Obstetrics, Gynecology and Reproductive Sciences, Univ. of California-San Francisco; Dr. Susan Spear, Sr. Vice President of Medical Affairs, EHE International		
COMPLIANCY ISSUES COVERED: consumerism; health care; women's issues		
23:51	SPOT BREAK #3--Hennion & Walsh "Tax Free"	:60
24:51	Medical Notes and News. Host: Shel Lustig	1:35
26:26	SPOT BREAK #4—US Tax Shield "Tax Settlement"	:61

27:27 Conclusion of program :30
 27:57 TOTAL TIME

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Program # 13-28 Air week: 7-14-13

Producers: Reed Pence and Polly Hansen Production Director: Sean Waldron

Time	Segment	Segment time
:00	Intro	:60
1:01	SPOT BREAK #1—LifeScan "One Touch Testing Supplies" OUT Q: ..eligibility requirements.	:60
2:01	:02 PAUSE FOR LOCAL AVAIL	:02
2:03	SEGMENT 1: Schizophrenia denial	12:44

Synopsis: One of the most difficult aspects of schizophrenia treatment is a frontal lobe disability in half of patients which causes them to deny that they are ill, prompting rejection of medication or therapy. A noted expert discusses the effects of this on patients, families and therapists, and how families can get people with schizophrenia into treatment despite this problem.

Host: Reed Pence. Guest: Dr. Xavier Amador, Prof. of Psychology, Columbia Univ., Director, LEAP Institute and author, I Am Not Sick, I Don't Need Help: How to Help Someone with Mental Illness Accept Treatment

COMPLIANCY ISSUES COVERED: mental illness; consumerism; education; family issues

14:47	SPOT BREAK #2—Donate Cars "Going to Do" OUT Q: ...1-800-835-1478.	:59
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15:46	:02 PAUSE FOR LOCAL AVAIL	:02
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15:48	SEGMENT 2: Medicine in plain language Synopsis: Doctors and scientists have long been criticized for seemingly being unable to speak in understandable language.	8:13
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Medical schools are now beginning to teach this skill. We look at how one such effort works.

Host: Nancy Benson. Guests: Dr. Evonne Kaplan-Liss, Assoc. Prof. of Preventive Medicine, Stony Brook Univ. and Director, Advanced Graduate Certificate in Health Communications; Ashwin Malhotra, medical student, Stony Brook Univ.; Dr. Zack Berger, Asst. Prof. of Medicine, Johns Hopkins Univ. and author, Talking to Your Doctor: A Patient's Guide to Communication in the Exam Room and Beyond

COMPLIANCY ISSUES COVERED: consumerism; health care

24:01	SPOT BREAK #3--Hennion & Walsh "Tax Free"	:59
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25:00	Medical Notes and News. Host: Shel Lustig	1:30
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26:30	SPOT BREAK #4— ADT "Why"	:60
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27:30	Conclusion of program	:30
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28:00	TOTAL TIME	
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Program # 13-29 Air week: 7-21-13

Producers: Polly Hansen, Molly Nagle and Reed Pence

Production Director: Sean Waldron

<u>Time</u>	<u>Segment</u>	<u>Segment time</u>
:00	Intro	:60
1:01	SPOT BREAK #1—Alzheimer's Association "Cancer Study" OUT Q: ...ALZ.org.	:61
2:02	:02 PAUSE FOR LOCAL AVAIL	:02
2:04	SEGMENT 1: The limits of aging	12:55

Synopsis: Recent advertising campaigns claim that a 150-year lifespan is imminent. But is it? Experts discuss what we know about the limits of aging, quality of life and care for the aged, the relationship of research and lifespans, and whether people would actually want to live a century and a half even if they could.

Host: Reed Pence. Guests: Dr. Laura Carstensen, Prof. of Psychology, Stanford Univ. and Director, Stanford Center on Longevity; Dr. Steven Austad, Prof., Barshhop Institute for Longevity and Aging Studies, Univ. of Texas Health Science Center, San Antonio; Nancy Berlinger, Research Scholar, Hastings Center and lead author, [Guidelines for Decisions on Life-Sustaining Treatment and Care Near the End of Life](#)

COMPLIANCY ISSUES COVERED: Aging; senior citizens; technology; ethics

14:59	SPOT BREAK #2— LifeScan "One Touch Testing Supplies" OUT Q: ..eligibility requirements.	:61
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16:00	:02 PAUSE FOR LOCAL AVAIL	:02
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16:02	SEGMENT 2: "Photographic memory" Synopsis: Some people who remember things extremely well may claim they have a "photographic memory," but some experts say such a thing doesn't really exist. Experts discuss how memory works.	7:48
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Host: Nancy Benson. Guests: Dr. Barry Gordon, Prof. of Neurology and Cognitive Science, Johns Hopkins Univ.; Dr. Rodney Roediger, Washington Univ., St. Louis.

COMPLIANCY ISSUES COVERED: science and technology; education

23:50	SPOT BREAK #3--Hennion & Walsh "Tax Free"	:59
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24:49	Medical Notes and News. Host: Shel Lustig	1:40
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26:29	SPOT BREAK #4— Donate Cars "Going to Do"	:60
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27:29	Conclusion of program	:30
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27:59	TOTAL TIME	
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Program # 13-30 Air week: 7-28-13

Producers: Reed Pence and Molly Nagle Production Director: Sean Waldron

Time	Segment	Segment time
:00	Intro	:60
1:01	SPOT BREAK #1—Alzheimer's Association "Cancer Study #1" OUT Q: ...ALZ.org.	:61
2:02	:02 PAUSE FOR LOCAL AVAIL	:02
2:04	SEGMENT 1: Lowering the DUI threshold	12:00

Synopsis: The National Transportation Safety Board has recommended lowering the DUI threshold from .08 BAC to .05 as a means of reducing drunk driving. Advocates are divided on whether such a reduction would have much effect, and the legislative fight would drag on for years. Experts discuss this and other moves that might have larger and more immediate impact.

Host: Reed Pence. Guests: Deborah Hersman, Chairman, National Transportation Safety Board; Jan Withers, National President, MADD (Mothers Against Drunk Driving); Ray Peck, head of R.C. Peck & Assoc. and Project Chief Research Scientist, Pacific Institute of Research & Evaluation; Gary Biller, President, National Motorists Assn.

COMPLIANCY ISSUES COVERED: drunk driving; highway safety; public safety; government and regulation; legal issues

14:05	SPOT BREAK #2— LifeScan "One Touch Testing Supplies" OUT Q: ..eligibility requirements.	:61
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15:06	:02 PAUSE FOR LOCAL AVAIL	:02
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15:08	SEGMENT 2: What Doctors Feel Synopsis: Doctors are often accused of holding emotions too much at bay. A physician who has examined the issue discusses the importance of emotion in the practice of medicine.	8:44
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Host: Nancy Benson. Guests: Dr. Danielle Ofri, Assoc. Prof. of Medicine, New York Univ. and author, What Doctors Feel: How Emotions Affect the Practice of Medicine

COMPLIANCY ISSUES COVERED: health care; public health; consumerism; education

23:52	SPOT BREAK #3--Hennion & Walsh "Tax Free"	:60
24:52	Medical Notes and News. Host: Shel Lustig	1:36
26:28	SPOT BREAK #4— Donate Cars "Going to Do"	:60
27:28	Conclusion of program	:30
27:58	TOTAL TIME	

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Program # 13-31 Air week: 8-4-13

Producer: Molly Nagle Production Director: Sean Waldron

Time	Segment	Segment time
:00	Intro	:60
1:01	SPOT BREAK #1—Alzheimer's Association "Online Screening #2" OUT Q: ...www.ALZ.org.	:62
2:03	:02 PAUSE FOR LOCAL AVAIL	:02
2:05	SEGMENT 1: Refuse workers: respect your local garbageman	12:09
	Synopsis: It turns out that day in and day out, refuse workers have the most dangerous municipal job, with more injuries than police or firefighters. Two experts discuss the massive job of hauling our garbage away.	
	Host: Reed Pence. Guests: Robin Nagle, Clinical prof. of Anthropology and Urban Studies, New York Univ., anthropologist in residence, New York Sanitation Dept., and author, <u>Picking Up: On the Streets and Behind the Trucks with the Sanitation Workers of New York City</u> ; Sam Shick, franchise operator, 1-800-GOT-JUNK.	
	COMPLIANCY ISSUES COVERED: local and municipal government; worker safety; environment	
14:12	SPOT BREAK #2— LifeScan "One Touch Testing Supplies" OUT Q: ..eligibility requirements.	:61
15:13	:02 PAUSE FOR LOCAL AVAIL	:02
15:15	SEGMENT 2: Odd medical treatments of the past Synopsis: An expert examines how far we've come in medicine by focusing on past practices, which lead him to conclude doctors in ancient Greece provided better care than those in the US 150 years ago.	7:47
	Host: Nancy Benson. Guest: Nathan Belofsky, author, <u>Strange Medicine: A Shocking History of Real Medical Practices Through the Ages</u> .	
	COMPLIANCY ISSUES COVERED: education; consumerism	
23:02	SPOT BREAK #3-- Donate Cars "Going to Do"	:60
24:02	Medical Notes and News. Host: Shel Lustig	2:27
26:29	SPOT BREAK #4— Hennion & Walsh "Tax Free"	:60
27:29	Conclusion of program	:30
27:59	TOTAL TIME	

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Program # 13-32 Air week: 8-11-13

Producers: Reed Pence and Molly Nagle Production Director: Sean Waldron

<u>Time</u>	<u>Segment</u>	<u>Segment time</u>
:00	Intro	:60
1:01	SPOT BREAK #1—Alzheimer's Association "Online Screening #2" OUT Q: ... www.ALZ.org .	:62
2:03	:02 PAUSE FOR LOCAL AVAIL	:02
2:05	SEGMENT 1: Supermarket dietitians	12:29

Synopsis: One of the hottest food store trends is the rapidly increasing number of supermarket dietitians. Experts discuss the extra value of health providers offering hands on advice to customers in the very place food purchase decisions are made.

Host: Reed Pence. Guests: Nancy Tringali Piho, Director, Shopping for Health; Phil Lempert, CEO, Retail Dietitians Business Alliance, Food Trends Editor, NBC's Today and Contributing Editor, Supermarket News; Sharon Palmer, registered dietitian and author, [The Plant Power Diet](#)

COMPLIANCY ISSUES COVERED: consumerism; public health and nutrition; economics

14:34	SPOT BREAK #2—Donate Cars "Going to Do" OUT Q: ... 1-800-835-1478.	:56
15:30	:02 PAUSE FOR LOCAL AVAIL	:02
15:32	SEGMENT 2: New treatments for irritable bowel syndrome	8:31

Synopsis: Irritable bowel syndrome affects a surprisingly large proportion of Americans, yet many do not get help. An expert discusses new treatments that could ease the suffering of millions.

Host: Nancy Benson. Guest: Dr. Steven Lamm, Director, New York Univ. Men's Health Center and author, [No Guts, No Glory](#).

COMPLIANCY ISSUES COVERED: education; consumerism

24:03	SPOT BREAK #3-- ACOP "Choosing an Internist"	:60
25:03	Medical Notes and News. Host: Shel Lustig	1:23
26:26	SPOT BREAK #4—Got Milk "Back to School"	:61
27:27	Conclusion of program	:30
27:57	TOTAL TIME	

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Program # 13-33 Air week: 8-18-13

Producers: Reed Pence and Molly Nagle Production Director: Sean Waldron

<u>Time</u>	<u>Segment</u>	<u>Segment time</u>
:00	Intro	:60
1:01	SPOT BREAK #1—Arm & Hammer "Sensitive Toothpaste" OUT Q: ...www.ArmAndHammer.com.	:52
1:53	:02 PAUSE FOR LOCAL AVAIL	:02
1:55	SEGMENT 1: Caffeine in foods	13:03

Synopsis: Caffeine used to be present in only coffee, tea, and some sodas. Now energy drinks have opened the door to added caffeine in all kinds of foods, from pancake syrup to candy. Experts discuss if foodmakers have overstepped limits of safety and propriety, and whether the FDA needs to step in with the limits it is considering.

Host: Reed Pence. Guests: Dr. Michael Jacobson, Executive Director, Center for Science in the Public Interest; Michael Taylor, Deputy Commissioner for Foods, US Food and Drug Administration; Dr. Marcie Schneider, adolescent medicine specialist, Greenwich, CT, and author of report from American Academy of Pediatrics report on energy drinks and sports drinks.

COMPLIANCY ISSUES COVERED: consumerism; food safety; consumer safety; public health and nutrition; child safety; federal government and regulation

14:58	SPOT BREAK #2—Hennion & Walsh "Tax Free" OUT Q: ... member of FINRA, SIPC.	:60
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15:58	:02 PAUSE FOR LOCAL AVAIL	:02
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16:00	SEGMENT 2: Leadership and mental illness	8:01
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Synopsis: Studies show that in good times, "level headed" leaders do well. However, one leading expert on mood disorders explains that in times of war and crisis, leaders such as Lincoln, Franklin Roosevelt and M.L. King, who led utilizing traits of mental illness, may be more effective.

Host: Nancy Benson. Guest: Dr. Nassir Ghaemi, Prof. of Psychiatry and Director, Mood Disorders Program, Tufts Univ., and author, A First Rate Madness.

COMPLIANCY ISSUES COVERED: military; government, politics, and elections; mental illness

24:01	SPOT BREAK #3-- Donate Cars "Going to Do"	:60
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25:01	Medical Notes and News. Host: Shel Lustig	1:24
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26:25	SPOT BREAK #4—US Tax Shield "Tax Settlement"	:61
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27:26	Conclusion of program	:30
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27:56	TOTAL TIME	
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Program # 13-34 Air week: 8-25-13

Producers: Molly Nagle and Reed Pence Production Director: Sean Waldron

<u>Time</u>	<u>Segment</u>	<u>Segment time</u>
:00	Intro	:60
1:01	SPOT BREAK #1—LifeAlert "Fire Danger" OUT Q: ...1-888-528-3434.	:58
1:59	:02 PAUSE FOR LOCAL AVAIL	:02
2:01	SEGMENT 1: Study drugs on campus	11:57

Synopsis: Studies show that on some college campuses, half or more of all students will have used an illicit ADHD drug to get better grades by the time they graduate. Experts discuss the attitudes of students toward these drugs and the new moves by many student health services to clamp down on their easy availability.

Host: Reed Pence. Guests: Dr. Ruth Hughes, CEO, CHADD (Children and Adults with Attention Deficit Hyperactivity Disorder); Dr. Alan DeSantis, Prof. of Communications, Univ. of Kentucky; Dr. Ted Grace, Director of Student Health Services, Southern Illinois University-Carbondale

COMPLIANCY ISSUES COVERED: youth at risk; education; colleges and universities; drugs and drug abuse; consumerism

13:58	SPOT BREAK #2—Hennion & Walsh "Tax Free" OUT Q: ... member of FINRA, SIPC.	:60
14:58	:02 PAUSE FOR LOCAL AVAIL	:02
15:00	SEGMENT 2: Grief	9:00

Synopsis: Everyone deals with grief at one time or another. An expert discusses how it's experienced by most people, and what separates normal grief from more problematic depression A writer/illustrator discusses his experience dealing with his spouse's sudden death.

Host: Nancy Benson. Guests: Dr. Ronald Pies, Prof. of Psychiatry, State Univ. of New York Upstate Medical Univ. and Clinical Prof. of Psychiatry, Tufts Univ.; Danny Gregory, author and illustrator, [A Kiss Before You Go](#)

COMPLIANCY ISSUES COVERED: mental illness; family issues

24:00	SPOT BREAK #3-- Donate Cars "Going to Do"	:59
24:59	Medical Notes and News. Host: Shel Lustig	1:29
26:28	SPOT BREAK #4—US Tax Shield "Tax Settlement"	:61
27:29	Conclusion of program	:30
27:59	TOTAL TIME	

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Program # 13-35 Air week: 9-1-13

Producers: Reed Pence and Polly Hansen Production Director: Sean Waldron

<u>Time</u>	<u>Segment</u>	<u>Segment time</u>
:00	Intro	:60
1:01	SPOT BREAK #1—LifeAlert "Fire Danger" OUT Q: ...1-888-528-3434.	:61
2:02	:02 PAUSE FOR LOCAL AVAIL	:02
2:04	SEGMENT 1: Boys' violent play	12:31

Synopsis: Little boys are often stopped from playing the way they want to in preschool and kindergarten, or made to change the stories they tell, because it's all "too violent." Teachers may worry that allowing violent play and images will desensitize children to violence. Experts explain that these worries are unfounded, and that children grow in many ways through play.

Host: Reed Pence. Guests: Dr. Mary Ellin Logue, Assoc. Prof. of Early Childhood Education, Univ. of Maine; Jane Katch, kindergarten teacher and author, [Under Deadman's Skin: Discovering the Meaning of Children's Violent Play.](#)

COMPLIANCY ISSUES COVERED: children and youth at risk; education; violence in society; parenting issues

14:35	SPOT BREAK #2—Hennion & Walsh "Tax Free" OUT Q: ... member of FINRA, SIPC.	:60
15:35	:02 PAUSE FOR LOCAL AVAIL	:02
15:37	SEGMENT 2: The joy of singing	8:21

Synopsis: Research shows that singing in a group has health benefits, as well as simply making people feel good. Experts and participants discuss this increasing singing trend in society.

Host: Nancy Benson. Guests: Stacy Horn, author, [Imperfect Harmony: Finding Happiness Singing With Others](#); Dr. Barbara Reuer, CEO and Founder, Musicworx, Inc. music therapy practice, San Diego; Karen Hesley, speech pathologist and director, Tremble Clefs singing group

COMPLIANCY ISSUES COVERED: psychology; pop culture; elderly, senior citizens, and aging

23:58	SPOT BREAK #3-- Donate Cars "Going to Do"	:60
24:58	Medical Notes and News. Host: Shel Lustig	1:29
26:27	SPOT BREAK #4—US Tax Shield "Tax Settlement"	:61
27:28	Conclusion of program	:30
27:58	TOTAL TIME	

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Program # 13-36 Air week: 9-8-13

Producer: Reed Pence Production Director: Sean Waldron

<u>Time</u>	<u>Segment</u>	<u>Segment time</u>
:00	Intro	:60
1:00	SPOT BREAK #1—FidoPharm "Fall Protection" OUT Q: ...visit PetArmor.com..	:60
2:00	:02 PAUSE FOR LOCAL AVAIL	:02
2:02	SEGMENT 1: Misophonia--rage at small sounds	12:01

Synopsis: A surprisingly large number of people may become agitated or even enraged when they hear "mouth sounds" such as chewing or slurping, sniffing, or crunching of paper. This disorder, misophonia, is largely unknown, but researchers believe audio processing of these sounds is mis-routed to rage centers in the brain. Experts and a sufferer discuss the syndrome.

Host: Reed Pence. Guests: Paul Tabachneck, IT professional, musician, and misophonia sufferer; Judy Krauthamer, author, Sound Rage: A Primer of the Neurobiology and Psychology of a Little Known Anger Disorder; Dr. Aage Moller, Prof. of Behavioral and Brain Sciences, Univ. of Texas at Dallas.

COMPLIANCY ISSUES COVERED: youth at risk; education; interpersonal relations; health care

14:03	SPOT BREAK #2—Novartis "World CML Day" OUT Q: ...that's CMLPatientSummit.com.	:62
15:05	:02 PAUSE FOR LOCAL AVAIL	:02
15:07	SEGMENT 2: Regeneration from skin cells	8:14

Synopsis: Scientists have learned how to make stem cells from skin cells, opening the door to regeneration of tissues and organs from a person's own cells to bypass rejection. A scientist in the field explains how it works and how the process could be used in the future.

Host: Nancy Benson. Guest: Dr. Andre Choulika, Chairman and CEO, Sceil biotech firm

COMPLIANCY ISSUES COVERED: technology; ethics; health care; consumerism

23:21	SPOT BREAK #3--Purdue Pharma "In the Face of Pain 2013"	:61
24:22	Medical Notes and News. Host: Shel Lustig	2:04
26:26	SPOT BREAK #4—US Tax Shield "Tax Settlement"	:61
27:27	Conclusion of program	:30
27:57	TOTAL TIME	

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Program # 13-37 Air week: 9-15-13

Producer: Reed Pence Production Director: Sean Waldron

<u>Time</u>	<u>Segment</u>	<u>Segment time</u>
:00	Intro	:60
1:01	SPOT BREAK #1—FidoPharm "Fall Protection" OUT Q: ...visit PetArmor.com..	:60
2:01	:02 PAUSE FOR LOCAL AVAIL	:02
2:03	SEGMENT 1: Obesity bias in medicine	12:54

Synopsis: Studies show that medical professionals are second only to family members as a source of bias against obese and overweight people. Experts discuss why this might occur, the medical harm that can result, and how medicine might be able to reverse its behavior.

Host: Reed Pence. Guests: Dr. Rebecca Puhl, Deputy Director, Rudd Center for Food Policy and Obesity, Yale Univ.; Dr. Arya Sharma, Prof. of Medicine and Chairman, Obesity Research and Management, Univ. of Alberta; Dr. Kim Gudzone, Asst. Prof. of Medicine, Johns Hopkins Univ.

COMPLIANCY ISSUES COVERED: discrimination; health care; public health; education; consumerism

14:57	SPOT BREAK #2—Purdue Pharma "In the Face of Pain 2013" OUT Q: ...IntheFaceofPain.com/advocate.	:62
15:59	:02 PAUSE FOR LOCAL AVAIL	:02
16:01	SEGMENT 2: Letting go to achieve a good death	8:10

Synopsis: It's a fine line between preserving life and prolonging death. An award winning science writer discusses her personal experience observing how medical professionals and patients differ in their acceptance of impending death, and what families need to know to navigate the end of life toward a "good death."

Host: Nancy Benson. Guest: Katy Butler, author, Knocking on Heaven's Door: The Path to a Better Way of Death.

COMPLIANCY ISSUES COVERED: ethics; health care; consumerism; family issues; technology and society

24:11	SPOT BREAK #3-- US Tax Shield "Tax Settlement"	:60
25:11	Medical Notes and News. Host: Shel Lustig	1:18
26:29	SPOT BREAK #4—Hennion & Walsh "Tax Free"	:61
27:30	Conclusion of program	:30
28:00	TOTAL TIME	

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Program # 13-38 Air week: 9-22-13

Producer: Reed Pence Production Director: Sean Waldron

Time	Segment	Segment time	
:00	Intro	:60	
1:01	SPOT BREAK #1—Natl. Blood Clot Alliance "#1 AFIB" OUT Q: ...at StopTheClot.org.	:57	
1:58	:02 PAUSE FOR LOCAL AVAIL	:02	
2:00	SEGMENT 1: Health insurance exchanges opening--will they be ready? Synopsis: State insurance exchanges that are central to the Affordable Care Act are scheduled to begin enrolling on Oct. 1. Experts discuss the likely problems that consumers may face as they enter the market. Host: Reed Pence. Guests: Dan Schuyler, Director of Exchange Technology, Leavitt Partners; r. Paul Ginsberg, President, Center for Studying Health System Change; Kevin Lucia, Senior Research Fellow, Center on Health Insurance Reforms, Georgetown Univ.; Laura Summers, Director of State Intelligence, Leavitt Partners.	12:32	
	COMPLIANCY ISSUES COVERED: health care; public health; consumerism; state government; federal government; public policy; economics; education; politics		
14:32	SPOT BREAK #2— Purdue Pharma "In the Face of Pain 2013" OUT Q: ...IntheFaceofPain.com/advocate.	:62	
15:34	:02 PAUSE FOR LOCAL AVAIL	:02	
15:36	SEGMENT 2: The origins of eating disorders Synopsis: Eating disorders are widespread among teenage girls, but those disorders do not disappear as women age. Women get better at hiding them. An expert and former bulimic discusses psychological causes and treatment. Host: Nancy Benson. Guest: Joanna Poppink, psychotherapist and author, <u>Healing Your Hungry Heart: Recovering From Your Eating Disorder.</u>	7:47	
	COMPLIANCY ISSUES COVERED: health care; women's issues; youth at risk		
23:23	SPOT BREAK #3--US Tax Shield "Tax Settlement"	:61	
24:24	Medical Notes and News. Host: Shel Lustig	2:05	
26:29	SPOT BREAK #4—Hennion & Walsh "Tax Free"	:61	
27:30	Conclusion of program	:30	
28:00	TOTAL TIME		

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Program # 13-39 Air week: 9-29-13

Producer: Reed Pence Production Director: Sean Waldron

<u>Time</u>	<u>Segment</u>	<u>Segment time</u>
:00	Intro	:60
1:01	SPOT BREAK #1—Biotene "Dry Mouth" OUT Q: ...at Biotene.com.	:62
2:03	:02 PAUSE FOR LOCAL AVAIL	:02
2:05	SEGMENT 1: The return on workplace wellness	13:08

Synopsis: Most medium and large businesses now have corporate wellness programs for employees in an effort to keep health insurance costs down. Many have incentives for reaching health goals. Experts discuss how these plans work and whether the effort shows up favorably on the bottom line.

Host: Reed Pence. Guests: Dr. Katherine Baicker, Prof. of Health Economics, Harvard School of Public Health; Larry Chapman, President and CEO, Chapman Institute; Al Lewis, co-author, Cracking Health Costs: How to Cut Your Company's Health Costs and Provide Employees Better Care.

COMPLIANCY ISSUES COVERED: health care; consumerism; economics; education; business and industry; employment

15:14	SPOT BREAK #2—Orbis International "Fighting Blindness" OUT Q: ...that's O-R-B-I-S.org.	:59
16:13	:02 PAUSE FOR LOCAL AVAIL	:02
16:15	SEGMENT 2: Restarting stalled growth	7:45

Synopsis: Children's growth disorders are sometimes discounted by pediatricians. Experts discuss the causes and treatments for growth disorders and how parents can decide if their child's growth is a problem.

Host: Nancy Benson. Guests: Mary Andrews, co-founder and CEO, Magic Foundation for Children's Growth; Dr. Richard Levy, Director, Pediatric Endocrinology Section, Rush Univ. Medical Center, Chicago.

COMPLIANCY ISSUES COVERED: health care; youth at risk

24:00	SPOT BREAK #3-- Purdue Pharma "In the Face of Pain 2013"	:61
25:01	Medical Notes and News. Host: Shel Lustig	1:28
26:29	SPOT BREAK #4— Hennion & Walsh "Tax Free"	:60
27:29	Conclusion of program	:30
27:59	TOTAL TIME	

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**Section III
PUBLIC SERVICE ANNOUNCEMENTS**

Section III lists public service announcements that the station broadcast during the preceding calendar quarter that address community issues.

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
Community Engagement	911 DAY	000:30	022
Fundraising	Adult Care Center	000:30	003
Fundraising	American Cancer Society	000:23	002
Fundraising	American Cancer Society	000:26	008
Fundraising	American Cancer Society	000:29	001
Fundraising	American Legion/Jackson-Perks	000:22	002
Donations	American Red Cross	000:26	024
Arts	Apollo Civic Theatre	000:23	004
Arts	Apollo Civic Theatre	000:25	003
Community Engagement	Blandy Experimental Farm	000:22	001
Community Engagement	Blandy Experimental Farm	000:28	001
Community Engagement	Blandy Experimental Farm	000:26	009
Community Event	Blandy Experimental Farm	000:26	003
Education	Blue Ridge CTC	000:28	003
Fundraising	Brenda Siegert Fund	000:23	001
Community Engagement	CFW Foster Care	000:31	007
Fundraising	Chelsea Hutchison Foundation	000:32	008
Fundraising	Chelsea Hutchison Foundation	000:25	006
Fundraising	Children's Miracle Network	000:30	076
Fundraising	Clarke County Young Farmers	000:20	004
Fundraising	Colton T. Lindamood Fund	000:25	001
Fundraising	Community Involvement for Kids	000:34	001
Fundraising	Edinburg Volunteer Fire Department	000:24	007
Fundraising	Fraternal Order of Police	000:21	003
Health and Fitness	Girls on the Run	000:27	003
Community Engagement	Handley Regional Library	000:26	004

Community Engagement	Handley Regional Library	000:31	007
Community Event	Hometown Strasburg	000:19	007
Community Event	Hometown Strasburg	000:25	001
Community Event	Hometown Strasburg	000:26	005
Community Engagement	Humane Society of Warren County	000:22	004
Fundraising	Humane Society of Warren County	000:28	010
Fundraising	Humane Society of Warren County	000:26	001
Fundraising	Humane Society of Warren County	000:26	001
Fundraising	James Wood High School	000:19	002
Fundraising	James Wood High School	000:28	001
Fundraising	James Wood High School	000:25	005
Community Event	James Wood High School	000:24	002
Community Engagement	Jefferson County Homeland Security & Emergency	000:26	003
Community Event	Long Branch House and Farm	000:30	003
Education	Lord Fairfax CC Workforce	000:27	006
Community Engagement	Lord Fairfax EMS Council	000:25	003
Fundraising	MDA	000:30	003
Fundraising	Mt. Carmel Christian Academy	000:25	005
Community Event	Museum of the Shenandoah Valley	000:30	004
Community Event	Museum of the Shenandoah Valley	000:30	004
Arts	Museum of the Shenandoah Valley	000:29	003
Arts	Museum of the Shenandoah Valley	000:27	003
Community Engagement	Museum of the Shenandoah Valley	000:31	053
Fundraising	North Mountain Volunteer Fire & Rescue	000:23	003
Fundraising	North River Valley Volunteer Fire Department	000:20	003
Community Event	Northern VA 4H Center	000:27	005
Safety	Northern VA 4-H Center	000:21	001
Community Engagement	Northern VA 4-H Center	000:23	002
Community Engagement	Northern VA 4-H Center	000:22	003
Community Engagement	Northern VA 4-H Center	000:25	006
Fundraising	Pediatric Brain Tumor Foundation	000:25	004

Community Engagement	Plane Crazy RCer's	000:22	002
Community Engagement	Randolph-Macon Academy	000:28	005
Fundraising	Rocky Mountain Elk Foundation	000:27	010
Fundraising	Rotary Club of Woodstock	000:20	005
Fundraising	Rotary Club of Woodstock	000:28	005
Fundraising	Round Hill Fire & Rescue	000:21	003
Fundraising	Round Hill Ruritan Club	000:20	003
Fundraising	Round Hill Ruritan Club	000:19	003
Fundraising	Round Hill Ruritan Club	000:24	003
Community Event	Shenandoah Valley Music Festival	000:34	003
Community Event	Shenandoah Valley Music Festival	000:27	007
Fundraising	Shepherdstown Volunteer Fire Department	000:19	003
Fundraising	Shepherdstown Volunteer Fire Department	000:26	004
Military and Veterans	Show Your Stripes	000:26	024
Military and Veterans	Show Your Stripes	000:27	049
Military and Veterans	Show Your Stripes	000:30	071
Military and Veterans	Show Your Stripes	000:31	338
Military and Veterans	Show Your Stripes	000:32	052
Military and Veterans	Show Your Stripes	000:29	012
Military and Veterans	Show Your Stripes	000:30	201
Military and Veterans	Show Your Stripes	000:31	021
Community Engagement	Sky Meadows State Park	000:24	003
Community Engagement	Society of War of 1812	000:27	003
Fundraising	St. Jude Children's Research	000:20	006
Fundraising	St. Luke Community Clinic	000:24	002
Fundraising	Stephens City Fire & Rescue	000:21	003
Animal Health	Strasburg Dog Owner's Group	000:31	053
Fundraising	Terry Roblee Fund	000:27	004
Volunteering	The Laurel Center	000:27	005
Fundraising	Timber Ridge School	000:22	003
Community Event	Town of Strasburg	000:25	005

Fundraising	Tyler Quinn Fund	000:21	005
Fundraising	United Way	000:30	005
Fundraising	United Way	000:32	005
Community Engagement	United Way	000:30	018
Education	United Way	000:30	018
Community Event	US Navy Band	000:20	001
Fundraising	UVA Medical Center	000:25	003
Fundraising	VA German Shepherd Rescue, Inc.	000:24	001
Animal Adoption	VA German Shepherd Rescue, Inc.	000:22	003
Animal Adoption	VA German Shepherd Rescue, Inc.	000:25	002
Animal Adoption	VA German Shepherd Rescue, Inc.	000:28	003
Education	VA Housing Development Authority	000:28	004
Community Event	Winchester Main Street Foundation	000:30	007
Fundraising	Winchester SPCA	000:24	004
Safety	Woodstock Volunteer Fire Department	000:27	003